EPIC™
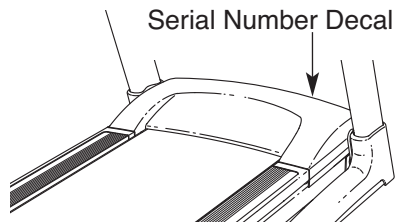# TL 2200

Model No. EPTL22310.0
Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal

USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:
1-866-997-6999
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.iconservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

i fit
WATCH
FREE
WORKOUT VIDEOS
ifit.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

⚠WARNING:

Protect yourself and others from risk of serious injury. Read the user's manual and :

- •Stand only on the side rails when starting or stopping treadmill.
- •Change speed in small increments.
- •Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- •Stop if you feel faint, dizzy, or short of breath.
- •Fully engage storage latch before treadmill is moved or stored.
- •Reduce incline to its lowest level before folding treadmill into storage position.
- •Never allow children on or around treadmill.
- •Remove key when not in use.
- •Keep clothing, fingers, and hair away from moving belt.
- •Never try to adjust or fix the belt while it is moving.
- •Always wear athletic shoes while operating treadmill.

⚠ CAUTION

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

3. Use the treadmill only as described.

4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

5. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

7. Keep children under age 12 and pets away from the treadmill at all times.

8. The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.

9. Never allow more than one person on the treadmill at a time.

10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*

11. When connecting the power cord (see page 13), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.

12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. To purchase a surge suppressor, see your local EPIC dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

14. Keep the power cord and the surge suppressor away from heated surfaces.

15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 25 if the treadmill is not working properly.)

16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).

17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

19. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)

21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 24.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

22. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.

23. Do not change the incline of the treadmill by placing objects under the treadmill.

24. Inspect and properly tighten all parts of the treadmill regularly.

25. Never insert or drop any object into any opening on the treadmill.

26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

27. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

28. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
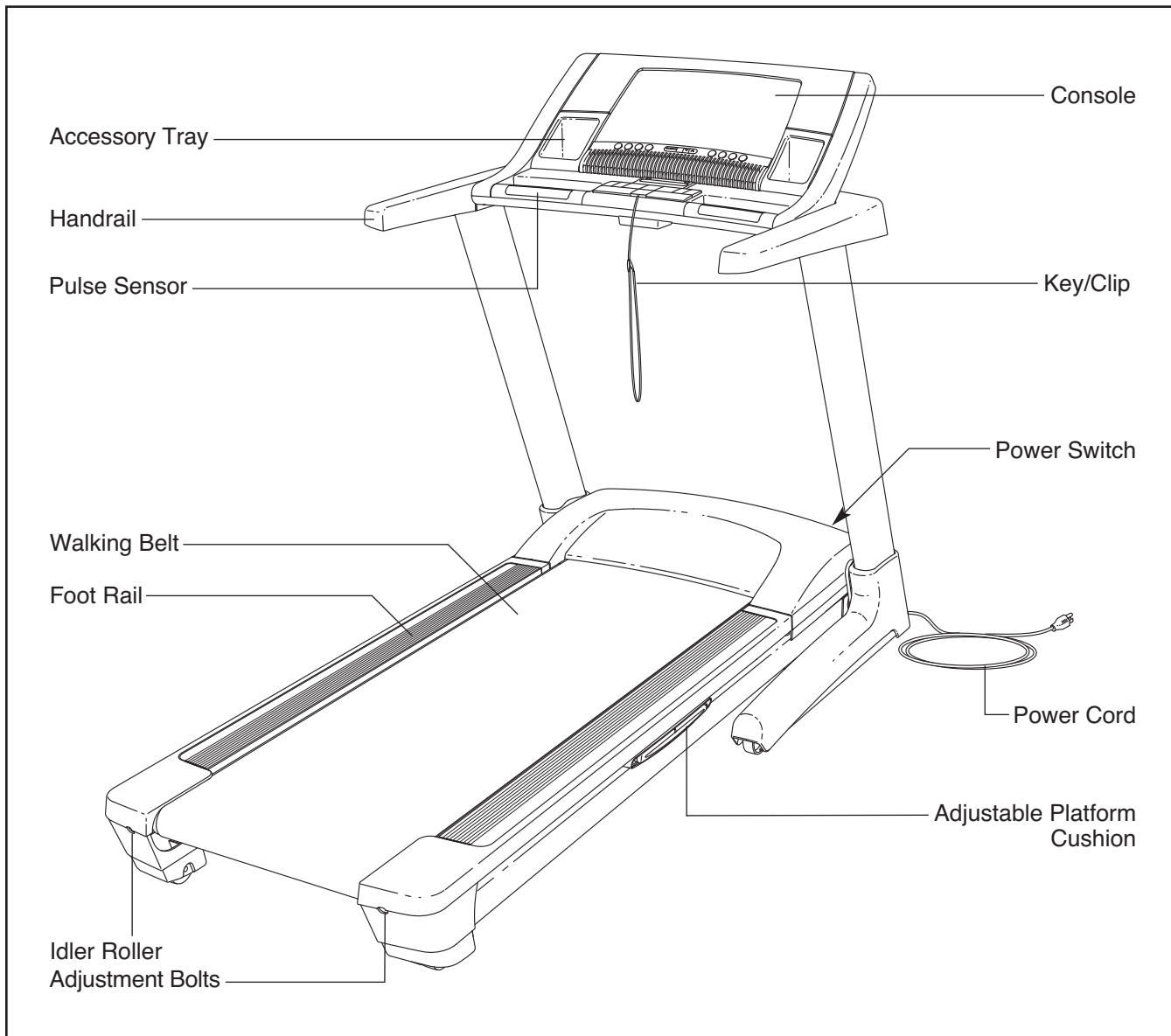
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary EPIC™ TL 2200 treadmill. The TL 2200 treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after read-
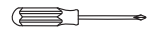
ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please look at the drawing below and familiarize yourself with the labeled parts.

Accessory Tray

Handrail

Pulse Sensor

Walking Belt

Foot Rail

Idler Roller
Adjustment Bolts

Console

Key/Clip

Power Switch

Power Cord

Adjustable Platform
Cushion

ASSEMBLY

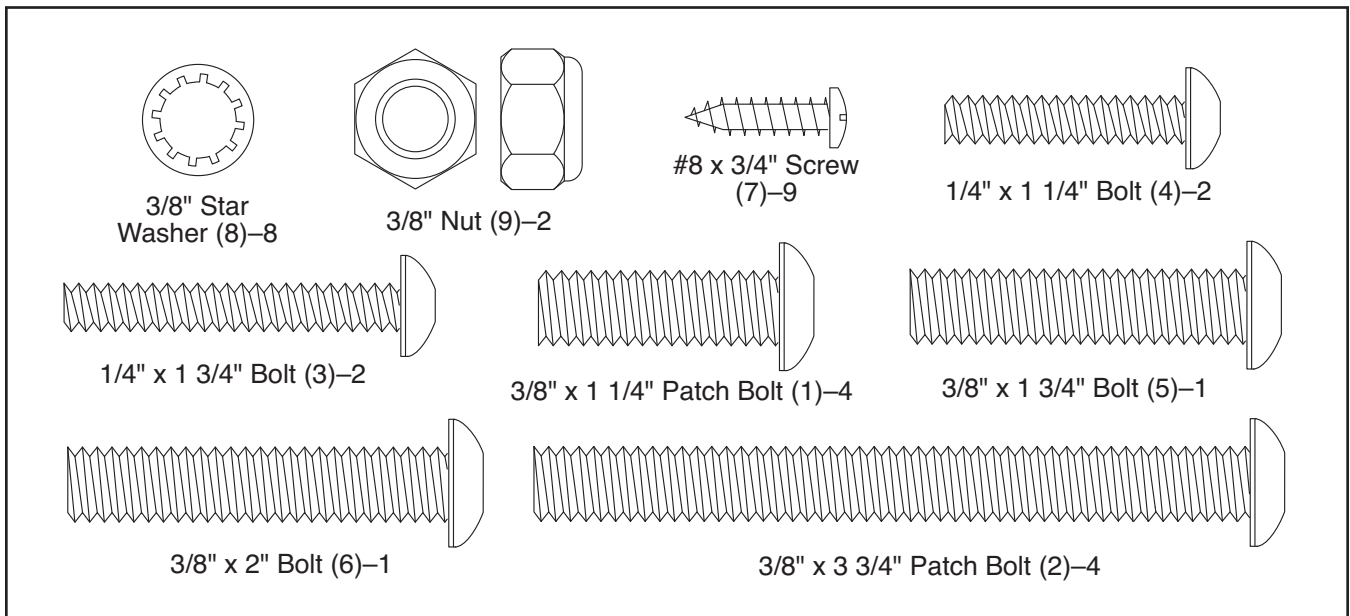**To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480. Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys and your own **Phillips screwdriver** and **adjustable wrench** .

For help identifying the assembly hardware, see the drawings below. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included.**

3/8" Star
Washer (8)–8

3/8" Nut (9)–2

#8 x 3/4" Screw
(7)–9

1/4" x 1 1/4" Bolt (4)–2

1/4" x 1 3/4" Bolt (3)–2

3/8" x 1 1/4" Patch Bolt (1)–4

3/8" x 1 3/4" Bolt (5)–1

3/8" x 2" Bolt (6)–1

3/8" x 3 3/4" Patch Bolt (2)–4

1. **Make sure that the power cord is unplugged.**

    Locate two cardboard stands. With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (115) into the cutouts in the cardboard stands as shown. **Make sure the cardboard stands are far enough apart to support the treadmill.**

    Serious injury may occur if the treadmill moves forward or backward and falls off the cardboard stands. A second person must hold the treadmill until assembly step 3 is completed to prevent the treadmill from moving, tipping, or falling.

1

115

Cardboard
Stands
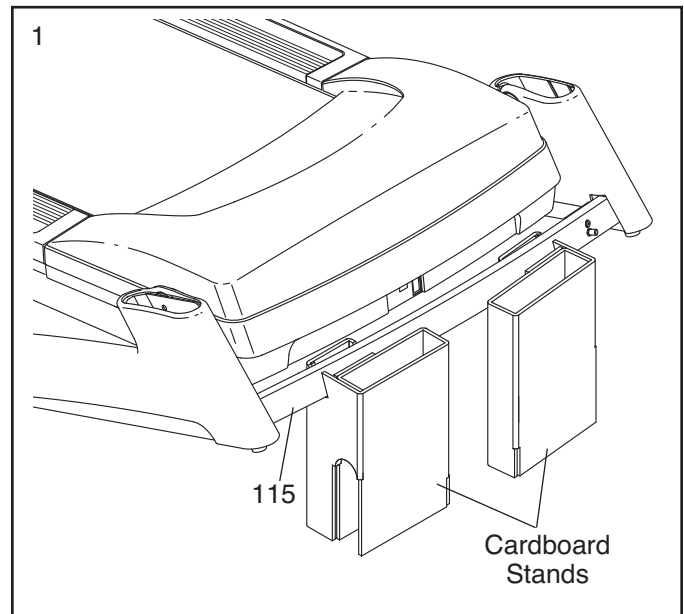
2. Identify the Right Upright (88). Have a second person hold the Right Upright near the Right Base Cover (111). **See the inset drawing.** Tie the wire tie in the Right Upright securely around the end of the Upright Wire (86). Then, pull the other end of the wire tie up through the Right Upright until the Upright Wire is routed through the Right Upright.

Gently pull up on the Upright Wire (86) as you set the Right Upright (88) on the Base (115) inside the Right Base Cover (111). **Be careful not to pinch the Upright Wire.**

Attach the Right Upright (88) to the Base (115) with two 3/8" x 3 3/4" Patch Bolts (2) and two 3/8" Star Washers (8). **Do not tighten the Patch Bolts yet.** Note: It may be necessary to tip the top of the Right Upright forward slightly as you thread the Patch Bolts into the Right Upright.
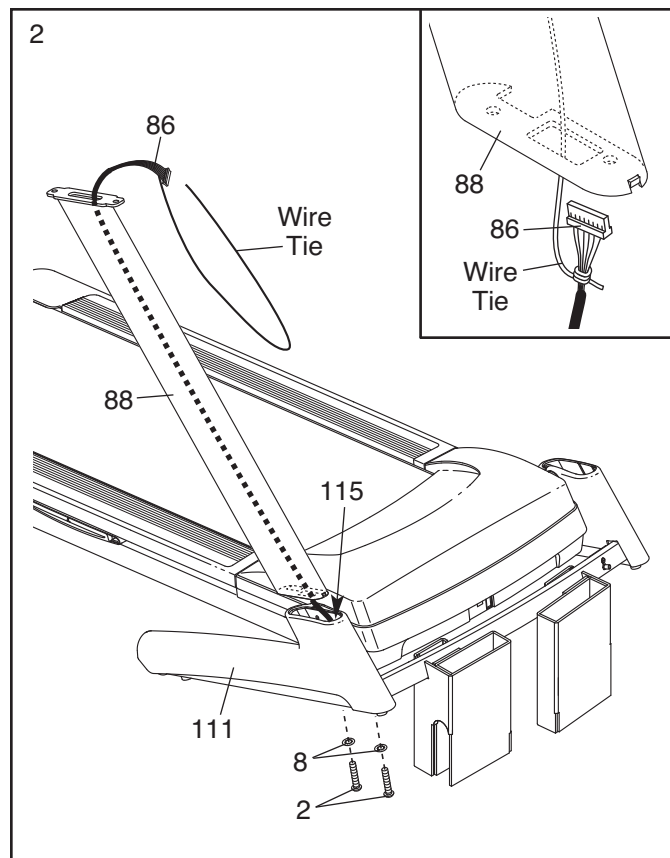
3. Set the Left Upright (85) on the Base (115) inside the Left Base Cover (81).

Attach the Left Upright (85) to the Base (115) with two 3/8" x 3 3/4" Patch Bolts (2) and two 3/8" Star Washers (8). **Do not tighten the Patch Bolts yet.** Note: It may be necessary to tip the top of the Left Upright forward slightly as you thread the Patch Bolts into the Left Upright.

With the help of a second person, lower the treadmill off the cardboard stands. The stands will be used again in assembly step 9.
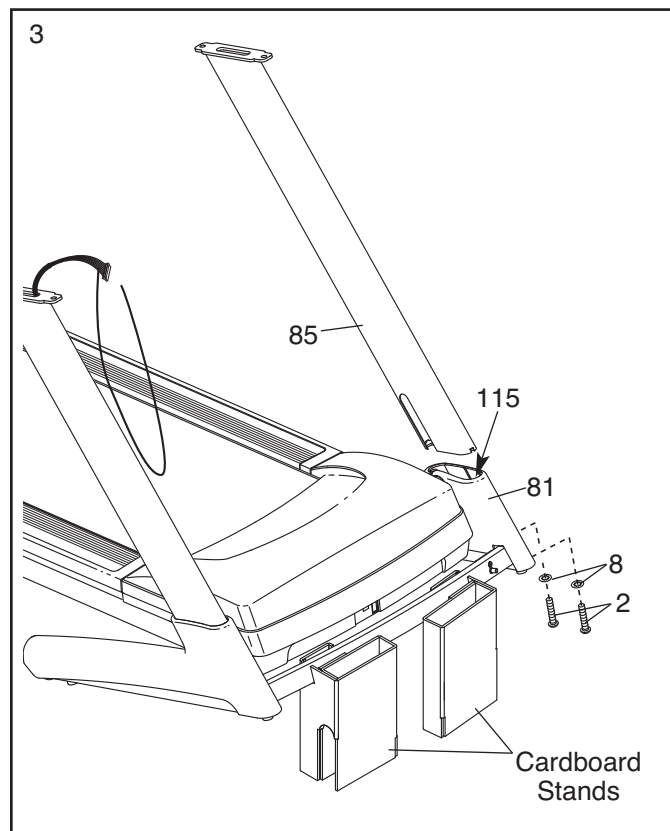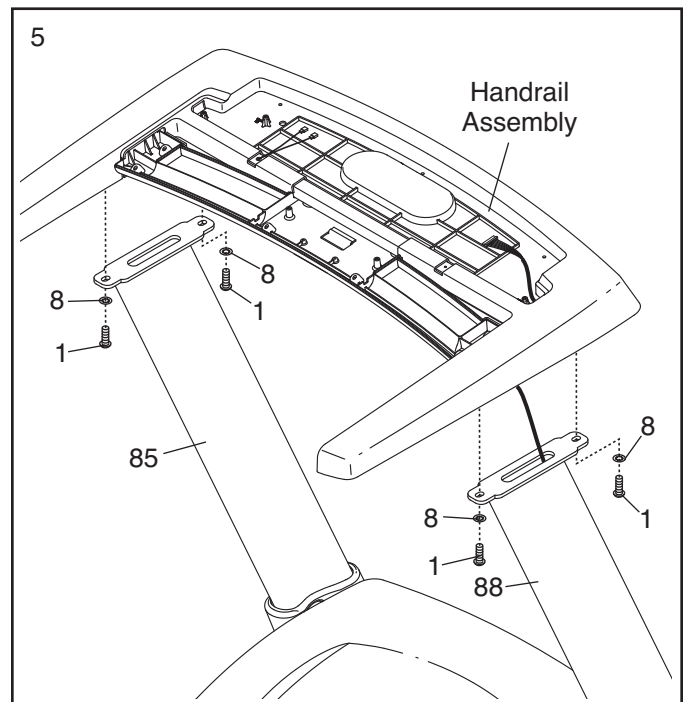
4. With the help of a second person, hold the handrail assembly near the Uprights (85, 88). Connect the Upright Wire (86) to the 25" Wire Harness (103). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

Remove the wire tie from the Upright Wire (86).
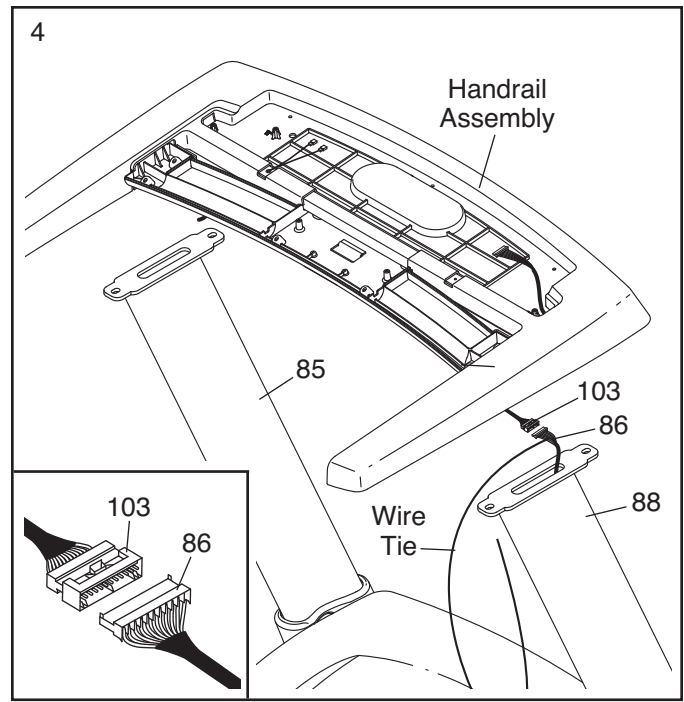
5. Insert the excess wire into the Right Upright (88) as you set the handrail assembly on the Right Upright and the Left Upright (85). **Be careful not to pinch any wires.**

Attach the handrail assembly with four 3/8" x 1 1/4" Patch Bolts (1) and four 3/8" Star Washers (8). **Firmly tighten the Patch Bolts.**

6. Set the console assembly face down on a soft surface to avoid scratching the console assembly. Slide the three tabs on the Console Accent (102) into the console assembly.

   Press on the ends of the Console Accent (102) so that they snap into the slots in the console assembly.
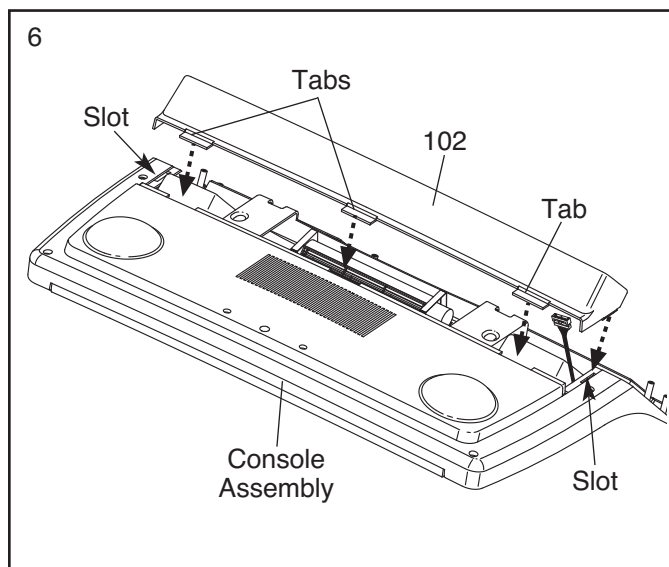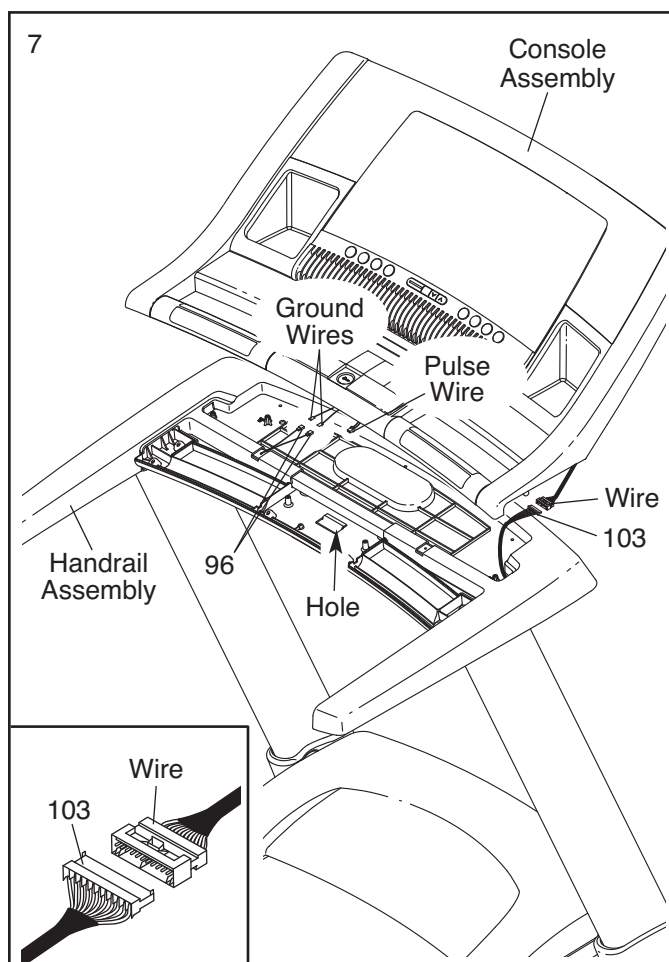

7. With the help of a second person, hold the console assembly near the handrail assembly.

   Connect the 25" Wire Harness (103) to the wire extending from the console assembly. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

   Connect the Console Ground Wires (96) to the two ground wires extending from the console assembly.

   Set the console assembly on the handrail assembly. **Insert the pulse wire into the indicated hole. You will not connect the pulse wire to another wire unless you purchase the optional chest pulse sensor (see page 12).** If necessary, move the wires so that the console assembly sits flat on the handrail assembly. **Be careful not to pinch any wires.** Note: If the console assembly does not sit flat on the handrail assembly, you will not be able to complete step 8.

8. Attach the console assembly to the handrail assembly with nine #8 x 3/4" Screws (7). **Start all nine Screws, and then tighten each of them.**

8

Console Assembly

7

7   Handrail
           Assembly
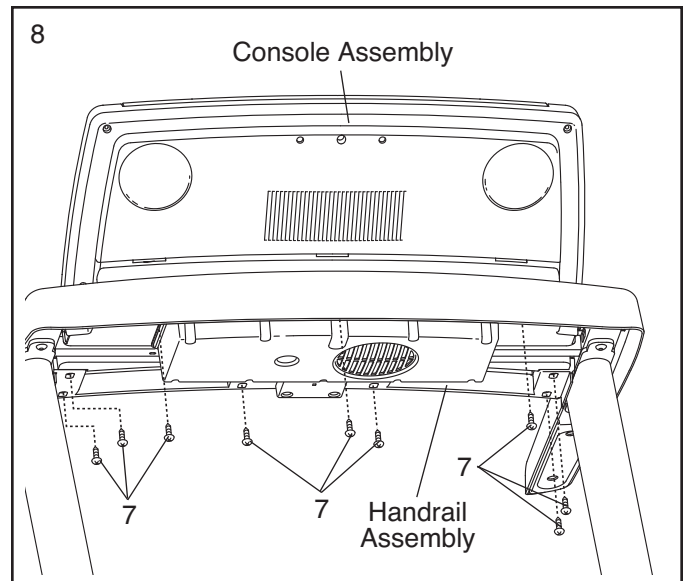
9. Locate the two cardboard stands from step 1. With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (115) into the cutouts in the cardboard stands as shown. **Have the second person hold the treadmill to prevent it from moving forward or backward.**

Firmly tighten the four 3/8" x 3 3/4" Patch Bolts (2).

With the help of a second person, lower the treadmill off the cardboard stands.

9

2

115

2

Cardboard Stands
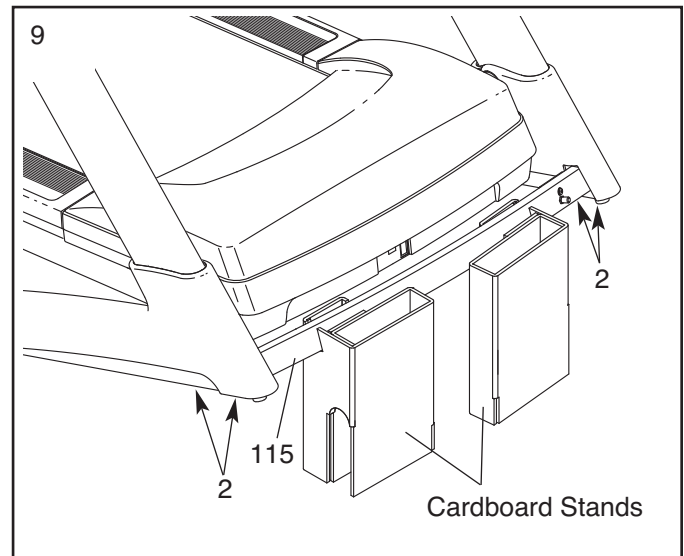
10. Raise the Frame (61) to the vertical position. **Have a second person hold the Frame until step 11 is completed.**

Slide the Frame Crossbar (39) into the brackets on the Frame (61) as shown. Attach the Frame Crossbar with two 1/4" x 1 3/4" Bolts (3) and two 1/4" x 1 1/4" Bolts (4) as shown.

10

61

3

39

3

4

4
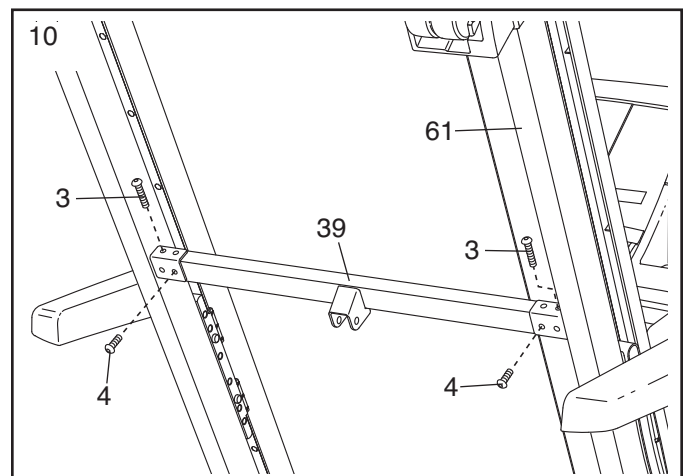
11. Orient the Storage Latch (78) so that the large barrel and the Latch Knob (77) are in the positions shown.

Remove the tie from the upper end of the Storage Latch (78). Attach the upper end of the Storage Latch to the bracket on the Frame Crossbar (39) with a 3/8" x 1 3/4" Bolt (5) and a 3/8" Nut (9).

Remove the tie from the lower end of the Storage Latch (78). Keep the holes in the Latch Cap (79) aligned with the holes in the Storage Latch. **Make sure to keep the Latch Cap inside the Storage 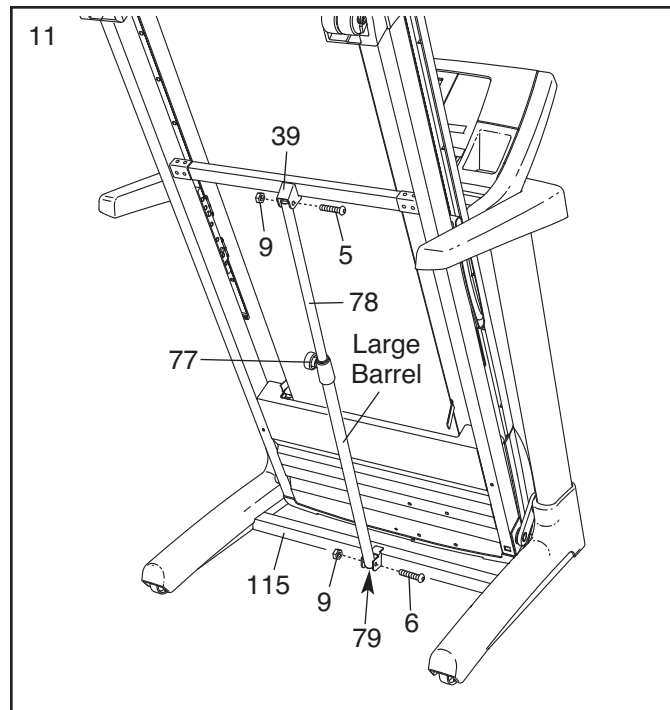Latch.** Attach the Storage Latch to the bracket on the Base (115) with a 3/8" x 2" Bolt (6) and a 3/8" Nut (9). Note: It may be necessary to move the Frame back and forth to align the Storage Latch with the bracket.

Lower the Frame (61) (see HOW TO LOWER THE TREADMILL FOR USE on page 24).

12. Make sure that the Left Accessory Tray (90) and the Right Accessory Tray (100) are pressed firmly into the console assembly.
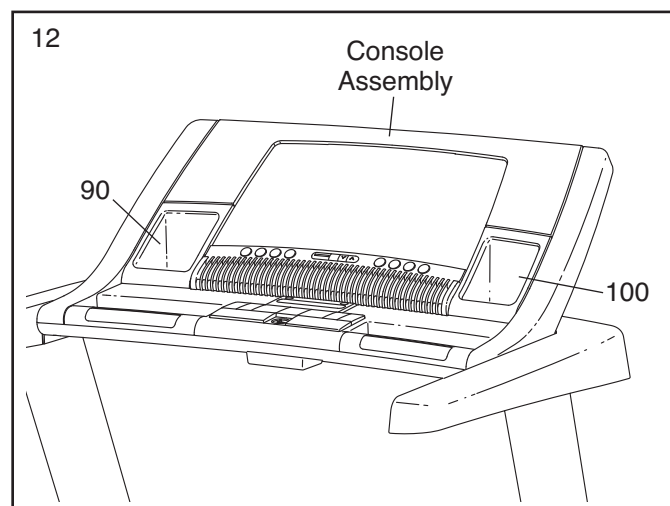
13. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 26 and 27). **To protect the floor or carpet from damage, place a mat under the treadmill.**

If you purchase the optional chest pulse sensor (see page 23), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the power cord is unplugged.** Remove the indicated #8 x 3/4" Screws (7) from the Pulse Receiver Cover (95) on the back of the console assembly.
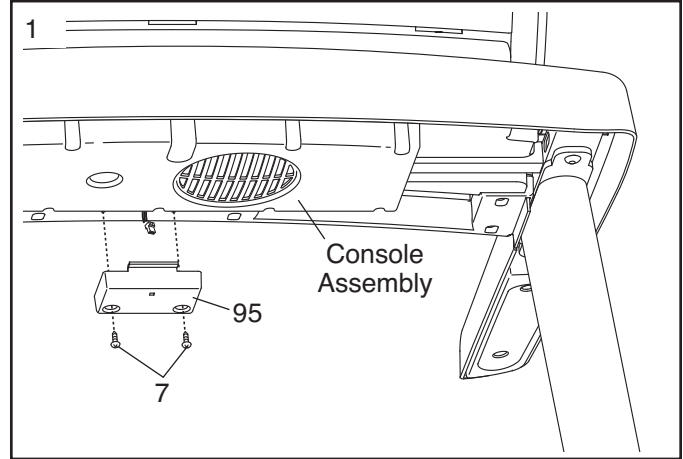
2. **Next, hold the receiver so that the antenna is oriented as shown.** Peel the paper backing off the pad on the bottom of the receiver. Press the receiver onto the Receiver Cover (95) in the location shown.
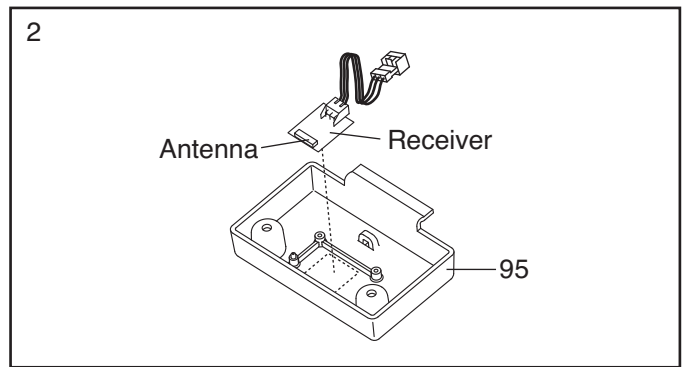
3. Connect the wire on the receiver to the wire extending from the console assembly. **Make sure that no wires are pinched.** Reattach the Pulse Receiver Cover (95) to the console assembly with the two #8 x 3/4" Screws (7). Discard the other wires included with the receiver.
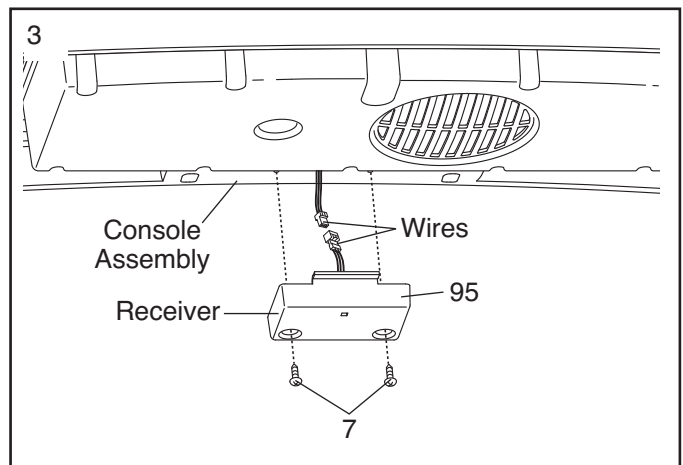
OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. **To decrease the risk of damaging your treadmill, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see precaution 12 on page 3.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could damage the control system of the treadmill (see precaution 13 on page 3).

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet**

that is properly installed and grounded in accordance with all local codes and ordinances. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit (see drawing 1). A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available (see drawing 2).
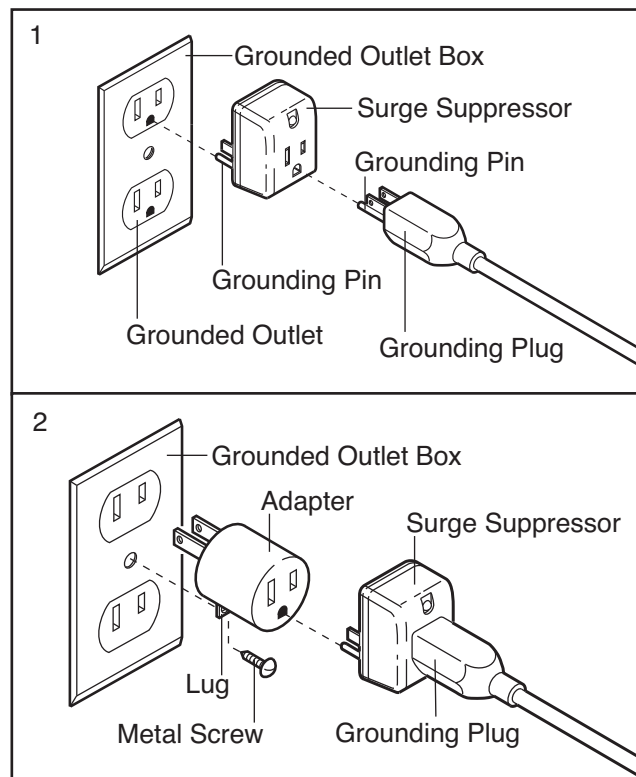
The temporary adapter should be used only until a properly grounded outlet (see drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. The adapter must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM
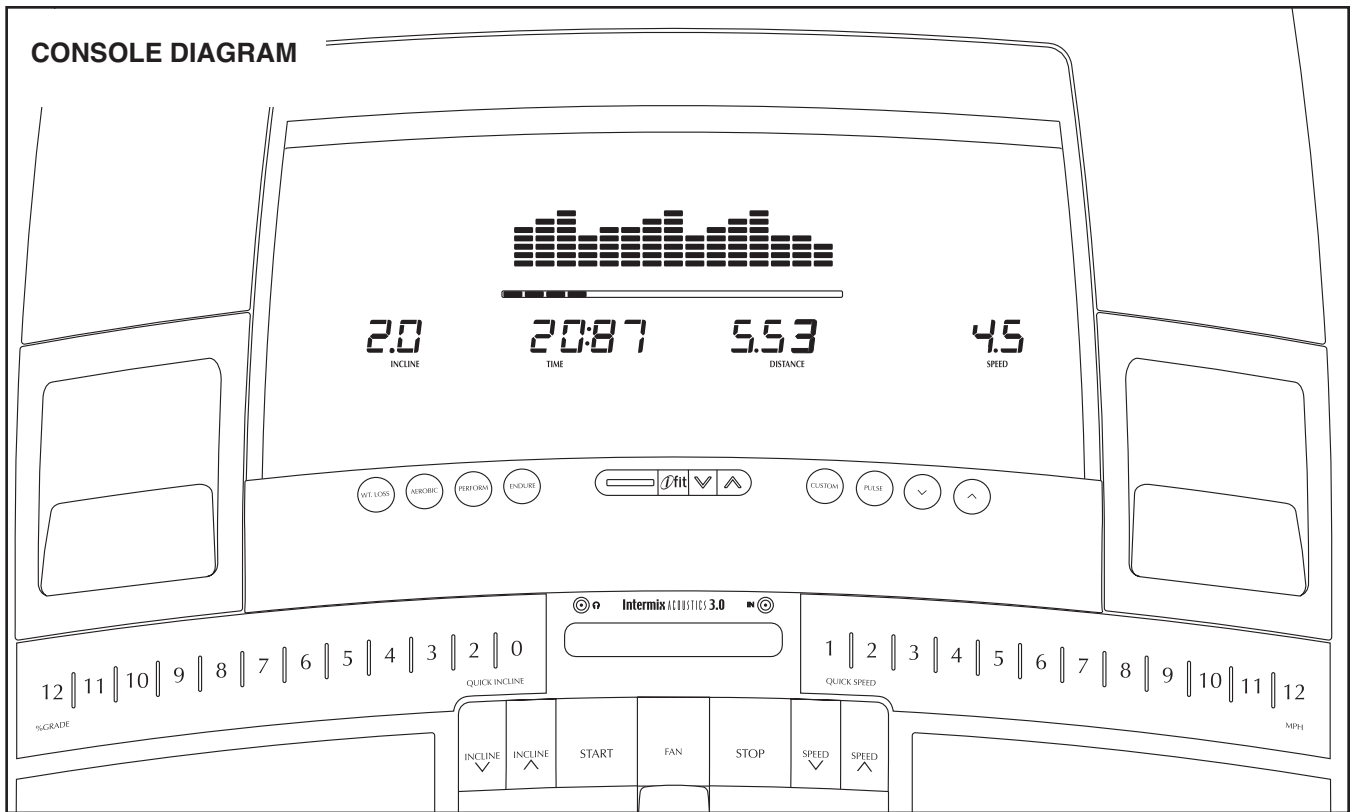
FEATURES OF THE CONSOLE

The treadmill console offers an impressive selection of features designed to make your workouts more effective and enjoyable. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor. See page 23 for information about the optional chest pulse sensor.

In addition, the console features twenty preset workouts—five Weight Loss workouts, five Aerobic workouts, five Performance workouts, and five Endurance workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. You can even create your own custom workouts and save them for future use. The console also offers two pulse workouts that control the speed and incline of the treadmill to help you keep your heart rate near target heart rate settings.

The console also features the iFit interactive workout system. The iFit system accepts iFit cards with workouts that help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts automatically control the treadmill. iFit cards are available separately. **To purchase iFit cards at any time, go to www.iFit.com or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.**

Whether you select the manual mode or a workout, you can also listen to your favorite workout music or audio books with the console's premium stereo sound system.

To turn on the power, see page 15. **To use the manual mode,** see page 15. **To use a preset workout,** see page 17. **To create and use a custom workout,** see pages 18 and 19. **To use a pulse workout,** see page 20. **To use an iFit card,** see page 21. **To use the information mode,** see page 22. **To use the stereo sound system,** see page 23.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 13). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.
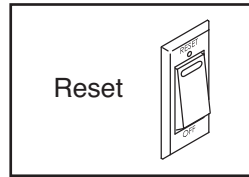
IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 22 to turn off the demo mode.
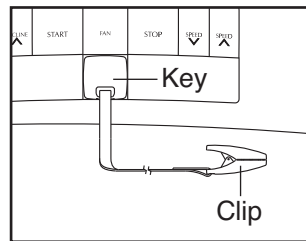
Next, stand on the foot rails of the treadmill. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

IMPORTANT: If there is a sheet of plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 27).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 22. For simplicity, all instructions in this section refer to miles.
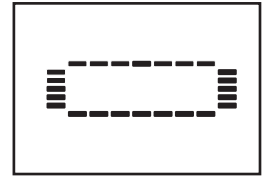
HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER at the left.

2. **Select the manual mode.**

    Each time the key is inserted, the manual mode will be selected. If you have selected a workout, press any of the workout buttons (Wt Loss, Aerobic, Perform, Endure, Custom, or Pulse) repeatedly until a track appears in the matrix.

3. **Start the walking belt and adjust the speed.**

    To start the walking belt, press the Start button, the Speed increase button, or one of the Quick Speed buttons numbered 1 to 12.

    If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph. If you press one of the numbered Quick Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

    To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered Quick Speed buttons.

4. **Change the incline of the treadmill as desired.**

    To change the incline of the treadmill, press the Incline increase or decrease button or one of the Quick Incline buttons numbered 0 to 12.

    Each time you press the Incline increase or decrease button, the incline will change by 0.5%. If you press one of the numbered Quick Incline buttons, the incline will gradually change until it reaches the selected incline setting.

5. Follow your progress with the displays.

The matrix—When you select the manual mode, the matrix will display a track that represents 1/4 mile (400 meters). As you exercise, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.
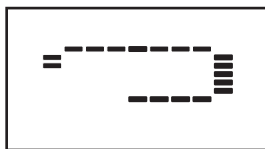
The Incline/Pulse display—The Incline/Pulse display can show the incline of the treadmill. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor.

The Time display—The Time display will show the elapsed time. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.

The Distance display—The Distance display can show the distance that you have walked or run.

The Speed/Calories display—The Speed/Calories display can show the speed of the walking belt. The display will also show the approximate number of calories you have burned.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.
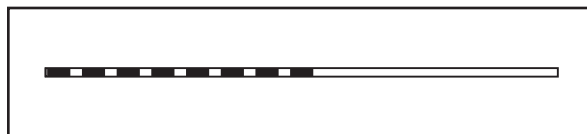
To reset the console, press the Stop button, remove the key, and then reinsert the key.

6. Measure your heart rate if desired.

Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately. See page 23 for information about the optional chest pulse sensor.

Before using the handgrip pulse sensor, remove the sheets of plastic from the metal contacts. In addition, make sure that your hands are clean.
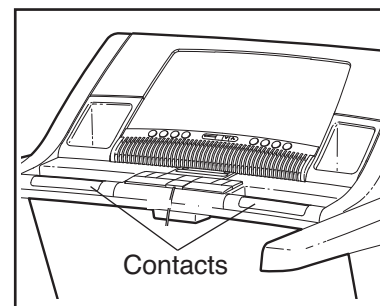
To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail— **avoid moving your hands. Hold the contacts for approximately ten seconds.** When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. Turn on the fan if desired.

The fan features high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

8. When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A PRESET WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a preset workout.**

   To select a preset workout, press the Wt. Loss button, the Aerobic button, the Perform button, or the Endure button repeatedly.

   When a preset workout is selected, the displays will show the maximum incline setting, the duration of the workout, the workout number, and the maximum speed setting of the workout. In addition, a profile of the speed settings of the workout will scroll across the matrix.
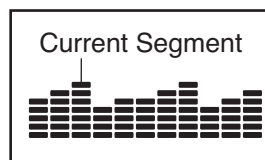
3. **Press the Start button to start the workout.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   Each workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a new speed or incline setting is programmed for the next segment, the new speed or incline setting will flash in the display for a few seconds.

   If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

   The workout will continue in this way until the last segment of the workout ends. The walking belt will then slow to a stop.

4. **Follow your progress with the displays.**

   See step 5 on page 16.

5. **Measure your heart rate if desired.**

   See step 6 on page 16.

6. **Turn on the fan if desired.**

   See step 7 on page 16.

7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 16.

HOW TO CREATE A CUSTOM WORKOUT

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER on page 15.

2. **Select a custom workout.**

    To select a custom workout, press the Custom button repeatedly. When a custom workout is selected, the workout number and one row of indicators will appear in the displays.

    Note: If more than one row of indicators scroll across the matrix, see HOW TO USE A CUSTOM WORKOUT on page 19.

3. **Press the Start button and program the desired speed and incline settings.**

    A moment after you press the Start button, the walking belt will begin to move. Hold the handrails and begin walking.

    Each custom workout is divided into several one-minute segments. One speed setting and one incline setting can be programmed for each segment. To program speed and incline settings for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the speed and incline buttons.

When the first segment of the workout ends, a series of tones will sound and the current speed and incline settings will be saved in memory. Program a speed setting and an incline setting for the second segment in the same way.

Continue programming speed and incline settings for as many segments as desired; custom workouts can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the workout time will then be saved in memory.

4. **Follow your progress with the displays.**

    See step 5 on page 16.

5. **Measure your heart rate if desired.**

    See step 6 on page 16.

6. **Turn on the fan if desired.**

    See step 7 on page 16.

7. **When you are finished exercising, remove the key from the console.**

    See step 8 on page 16.

HOW TO USE A CUSTOM WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a custom workout.**

   To select a custom workout, press the Custom button repeatedly. When a custom workout is selected, a profile of the speed settings of the workout will scroll across the matrix.

   In addition, the maximum incline setting, the duration of the workout, the workout number, and the maximum speed setting of the workout will appear. **Note: If only one row of indicators scrolls across the matrix, see HOW TO CREATE A CUSTOM WORKOUT on page 18.**

3. **Press the Start button to start the workout.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

   Each custom workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   The custom workout will function in the same way as a preset workout (see step 3 on page 17).

If desired, you can redesign the workout while using it. **To change the speed setting or the incline setting for the current segment,** simply press the speed or incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the workout,** first wait until the workout is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the workout,** press the Stop button twice at any time before the workout is completed.

To stop the workout temporarily, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings programmed for the next segment.

4. **Follow your progress with the displays.**

   See step 5 on page 16.

5. **Measure your heart rate if desired.**

   See step 6 on page 16.

6. **Turn on the fan if desired.**

   See step 7 on page 16.

7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 16.

HOW TO USE A PULSE WORKOUT

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse workouts. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

1. **Put on the optional chest pulse sensor.**

   Note: For best results, wear a chest pulse sensor to use a pulse workout. See page 23 for information about the optional chest pulse sensor.

2. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

3. **Select one of the four pulse workouts.**

   To select a pulse workout, press the Pulse button repeatedly. When a pulse workout is selected, the workout duration, workout number, and maximum target heart rate will appear in the displays. In addition, a profile of the heart rate settings of the workout will scroll across the matrix.

4. **Enter a target heart rate setting.**

   The maximum target heart rate setting of the workout will appear in the Incline/Pulse display. If desired, press the increase and decrease buttons near the Pulse button to change the maximum target heart rate setting **(see EXERCISE INTENSITY on page 28).** Note: If you change the maximum target heart rate setting, the intensity level of the entire workout will change.

5. **Press the Start button to start the workout.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   Pulse workouts are divided into one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

During each segment of the workout, the console will compare your heart rate to the target heart rate setting for that segment. If your heart rate is too far below or above the target heart rate setting, the speed and/or incline will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If your pulse is not detected during the program, the letters "PLS" will flash in the display and the speed and/or incline of the treadmill may automatically decrease. If this occurs, see the instructions included with the optional chest pulse sensor.

When the first segment of the workout ends, a series of tones will sound and all target heart rate settings will move one column to the left. If a new speed or incline setting is programmed for the next segment, the new speed or incline setting will appear in the display. The workout will continue in this way until the last segment of the workout ends. The walking belt will then slow to a stop.

If the speed and/or incline settings are too high or too low, you can change the intensity level of the workout at any time by pressing the Speed and Incline buttons; **however, when the console compares your heart rate to the target heart rate for the current segment, the speed and/or incline of the treadmill may change to bring your heart rate closer to the target heart rate setting.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph; **however, when the console compares your heart rate to the target heart rate setting for the current segment, the speed and/or incline of the treadmill may change to bring your heart rate closer to the target heart rate setting.**

6. **Follow your progress with the displays.**

   See step 5 on page 16.

7. **Turn on the fan if desired.**

   See step 7 on page 16.

8. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 16.

HOW TO USE AN IFIT CARD

To purchase iFit cards, go to www.iFit.com or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER on page 15.

2. **Insert an iFit card and select a workout.**

    To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face-down and are inserted into the iFit slot.
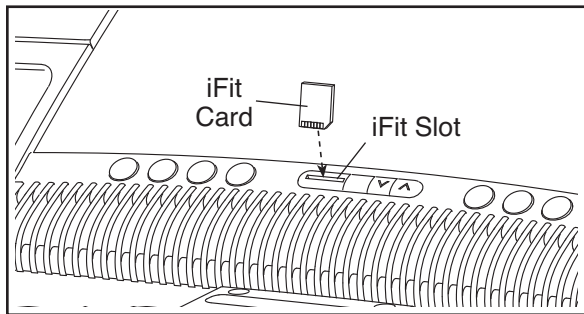
    Next, select an iFit workout by pressing the iFit increase and decrease buttons next to the iFit slot. When an iFit workout is selected, the displays will show the maximum incline setting, the duration of the workout, the workout number, and the maximum speed setting of the workout. In addition, a profile of the speed settings of the workout will appear in the display.

    Each iFit workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline setting may be programmed for consecutive segments.

3. **Press the Start button to start the workout.**

    A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking. During the workout, a personal trainer will guide you through the workout.

    If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

    To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Follow your progress with the displays.**

    See step 5 on page 16.

5. **Turn on the fan if desired.**

    See step 7 on page 16.

6. **When you are finished exercising, remove the key from the console.**

    See step 8 on page 16.

    CAUTION: Always remove iFit cards from the iFit slot when you are not using them.

THE INFORMATION MODE

The console features an information mode that keeps track of the total distance that the walking belt has moved and the total number of hours that the treadmill has been used. The information mode also allows you to select miles or kilometers to measure distance, and to turn on and turn off the display demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console and then release the Stop button. When the information mode is selected, the following information will be shown:

The Time display will show the total number of hours the treadmill has been used.

The Distance display will show the total number of miles or kilometers that the walking belt has moved.
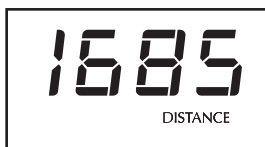
An "E" for English miles or an "M" for metric kilometers will appear in the Incline/Pulse display. Press the Speed increase button to change the unit of measurement if desired.

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a "d" will appear in the Speed/Calories display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

To exit the information mode, remove the key from the console.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console through the audio jack near the Stop button.

To use the audio jack, locate the 18" audio wire and plug it into the audio jack. Then plug the 18" audio wire into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the 18" audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Adjust the volume on your personal audio player or press the Volume increase and decrease buttons on the console.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface and not on the console.

THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation as it tracks your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**
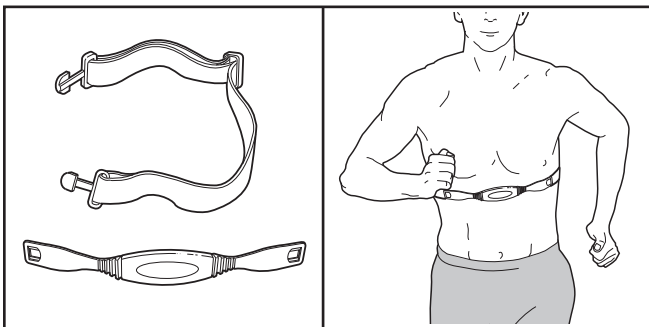
HOW TO ADJUST THE CUSHIONING SYSTEM

The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the platform cushions toward the front of the treadmill. To decrease the firmness, step off the treadmill and slide the platform cushions toward the back of the treadmill. **Note: Make sure that both cushions are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**
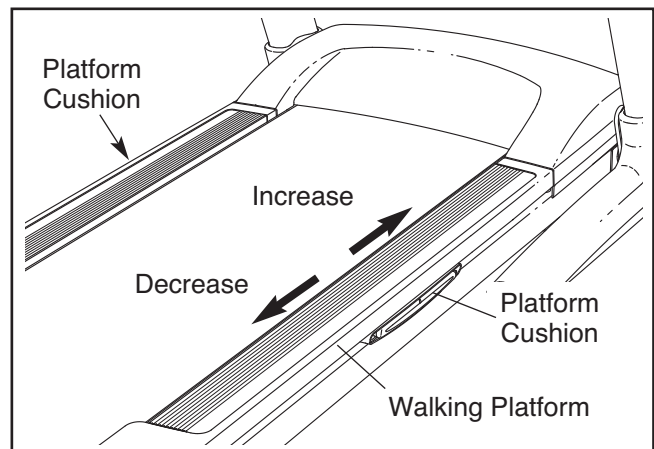
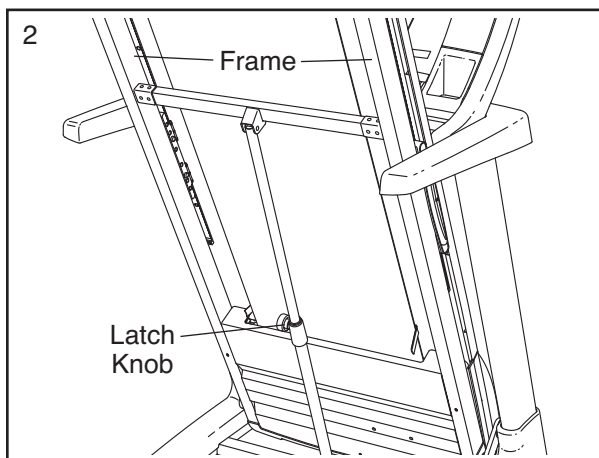# HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to the lowest position before you fold the treadmill. Then, remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.**
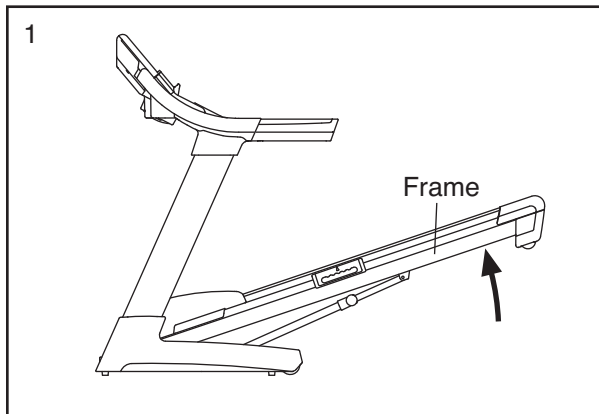
2. Raise the frame until the latch knob locks in the storage position. **CAUTION: Make sure that the latch knob locks.**


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the latch knob is locked in the storage position. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.
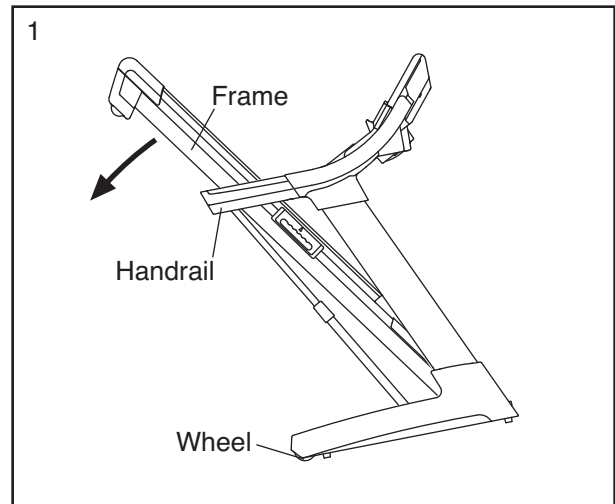
2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill frame with your right hand. Pull the latch knob to the left; if necessary, push the frame forward slightly. Pivot the frame downward a few inches, and release the latch knob.

2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 13). Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the switch, wait for five minutes and then press the switch back in.
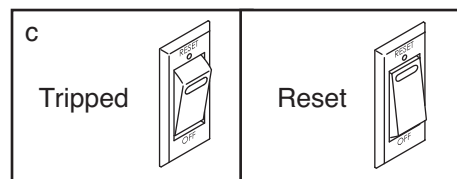
PROBLEM: The power turns off during use

SOLUTION: a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 22 to turn off the demo mode.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL on page 24).

Next, remove the two indicated #8 x 3/4" Screws (7).
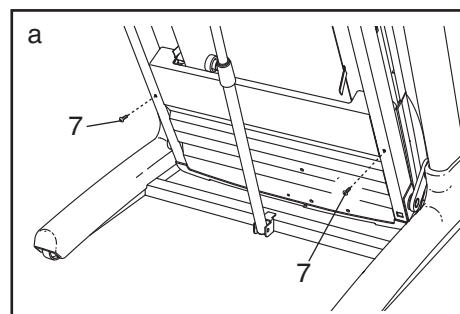
Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 24). Remove the four indicated #8 x 3/4" Screws (7), and remove the Motor Hood (66).
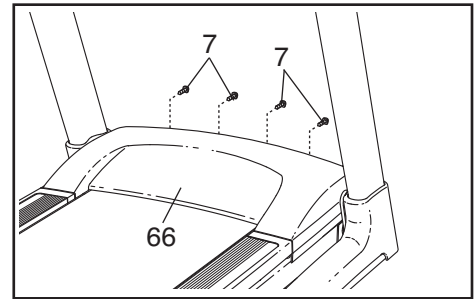
Next, locate the Reed Switch (48) and the Magnet (101) on the left side of the Pulley (54). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the indicated #8 x 3/4" Washer Head Tek Screw (26), move the Reed Switch slightly, and then retighten the Washer Head Tek Screw. Reattach the Hood (not shown) with the six #8 x 3/4" Screws (not shown). Run the treadmill for a few minutes to check for a correct speed reading.
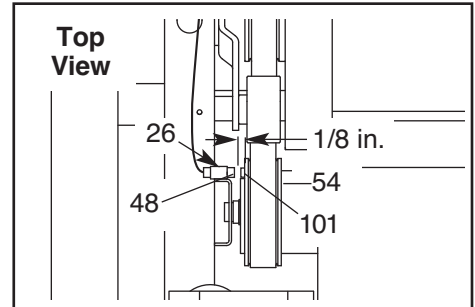
PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 13.
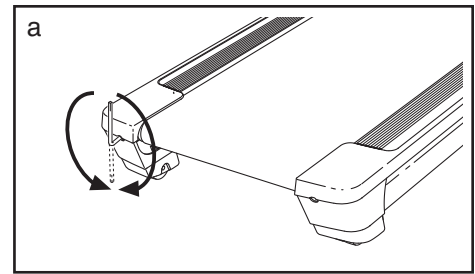
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
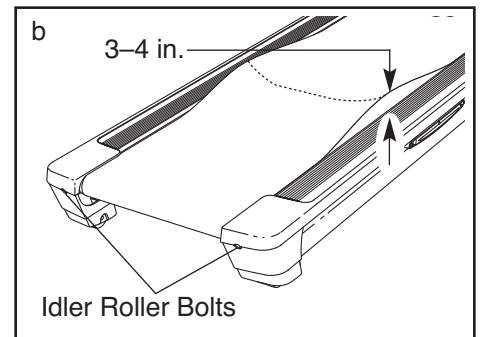
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
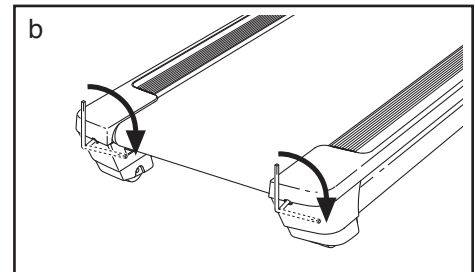
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline does not calibrate, press the Stop button, and then press the Incline increase or decrease button again. When the incline is calibrated, remove the key from the console.

EXERCISE GUIDELINES

⚠ WARNING: **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	💗
145	138	130	125	118	110	103	🖤
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. EPTL22310.0 R0710A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	3/8" x 1 1/4" Patch Bolt	51	2	Lift Arm
2	4	3/8" x 3 3/4" Patch Bolt	52	1	Reed Switch Clamp
3	2	1/4" x 1 3/4" Bolt	53	2	Incline Rod Spacer
4	2	1/4" x 1 1/4" Bolt	54	1	Drive Roller/Pulley
5	1	3/8" x 1 3/4" Bolt	55	1	Electronics Bracket
6	1	3/8" x 2" Bolt	56	1	Controller
7	44	#8 x 3/4" Screw	57	1	Front Cap
8	8	3/8" Star Washer	58	1	Power Switch
9	10	3/8" Nut	59	1	Power Cord Grommet
10	2	5/16" Drive Motor Bolt	60	2	Isolator
11	1	3/8" x 1 3/4" Hex Bolt	61	1	Frame
12	1	3/8" x 2" Hex Bolt	62	1	Right Foot
13	10	#8 x 3/4" Tek Screw	63	1	Power Cord
14	16	#8 x 3/4" Screw	64	1	Idler Roller
15	4	#8 Belt Guide Screw	65	1	Hex Key
16	2	1/4" x 2 1/2" Bolt	66	1	Motor Hood
17	46	#8 x 1/2" Screw	67	1	Incline Rod
18	2	3/8" x 3 3/4" Bolt	68	1	Incline Motor
19	2	1/4" x 1 1/4" Bolt	69	1	Incline Motor Wire
20	2	5/16" x 1 1/4" Bolt	70	1	Stop Bracket Spacer
21	12	#12 x 1" Screw	71	1	Stop Bracket
22	2	3/8" x 3/4" Bolt	72	1	Drive Motor Belt
23	2	3/8" x 1 3/4" Patch Bolt	73	1	Drive Motor
24	2	3/8" x 2 3/8" Bolt	74	1	Left Rail Cover
25	9	#8 x 1/2" Bright Screw	75	1	Left Foot Rail
26	9	#8 x 3/4" Washer Head Tek Screw	76	1	Right Foot Rail
27	4	#8 x 1" Screw	77	1	Latch Knob
28	4	1/4" Star Washer	78	1	Storage Latch
29	4	#3 x 1/4" Screw	79	1	Latch Cap
30	2	#8 Star Washer	80	1	Console
31	2	1/4" Lock Washer	81	1	Left Base Cover
32	4	Base Foot Spacer	82	2	Releasable Tie
33	4	1/4" Nut	83	1	Right Rail Cover
34	1	#8 Nut	84	6	8" Cable Tie
35	1	Speaker	85	1	Left Upright
36	4	Hood Clip	86	1	Upright Wire
37	2	5/16" Flange Nut	87	2	Upright Wire Grommet
38	1	Console Fan	88	1	Right Upright
39	1	Frame Crossbar	89	1	Left Speaker Cover
40	1	Left Foot	90	1	Left Accessory Tray
41	4	Foot Wheel	91	1	Left Pulse Sensor
42	2	Cushion Track	92	1	Right Pulse Sensor
43	1	Warning Decal	93	1	Digital Player Tray
44	1	Walking Platform	94	1	Pulse Bar
45	2	Platform Cushion	95	1	Pulse Receiver Cover
46	2	Belt Guide	96	2	Console Ground Wire
47	1	Walking Belt	97	1	Console Insert
48	1	Reed Switch	98	1	Console Back
49	2	Motor Hood Mount	99	1	Right Speaker Cover
50	2	Lift Arm Spacer	100	1	Right Accessory Tray

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Magnet	110	1	Key/Clip
102	1	Console Accent	111	1	Right Base Cover
103	1	25" Wire Harness	112	3	Caution Decal
104	1	Right Bottom Handrail Cover	113	4	Base Foot
105	1	Handrail Frame	114	3	Wire Tie
106	1	Left Bottom Handrail Cover	115	1	Base
107	1	18" Audio Wire	116	2	Wheel
108	1	5/32" Hex Key	*	–	User's Manual
109	1	Handrail Cover			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.
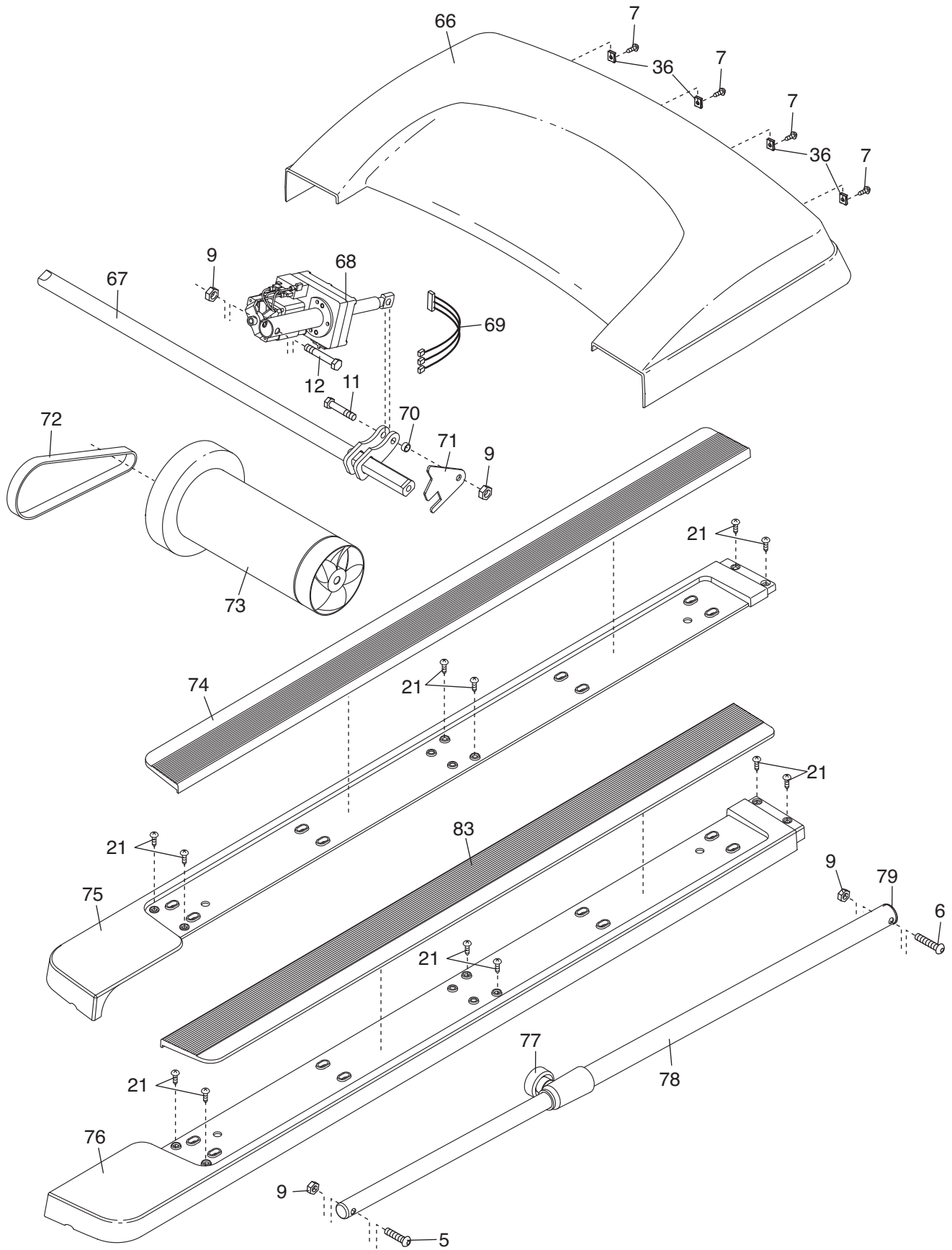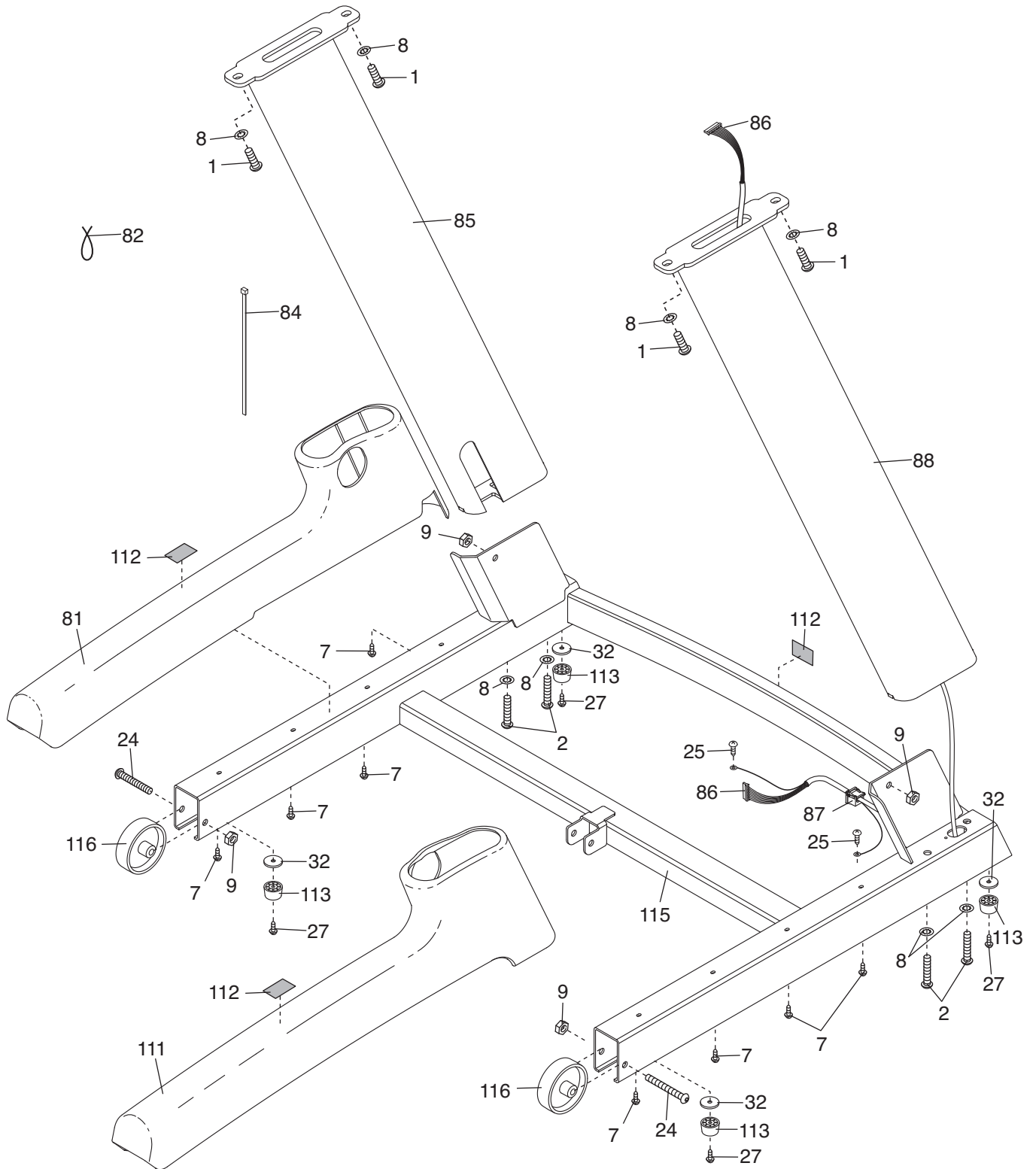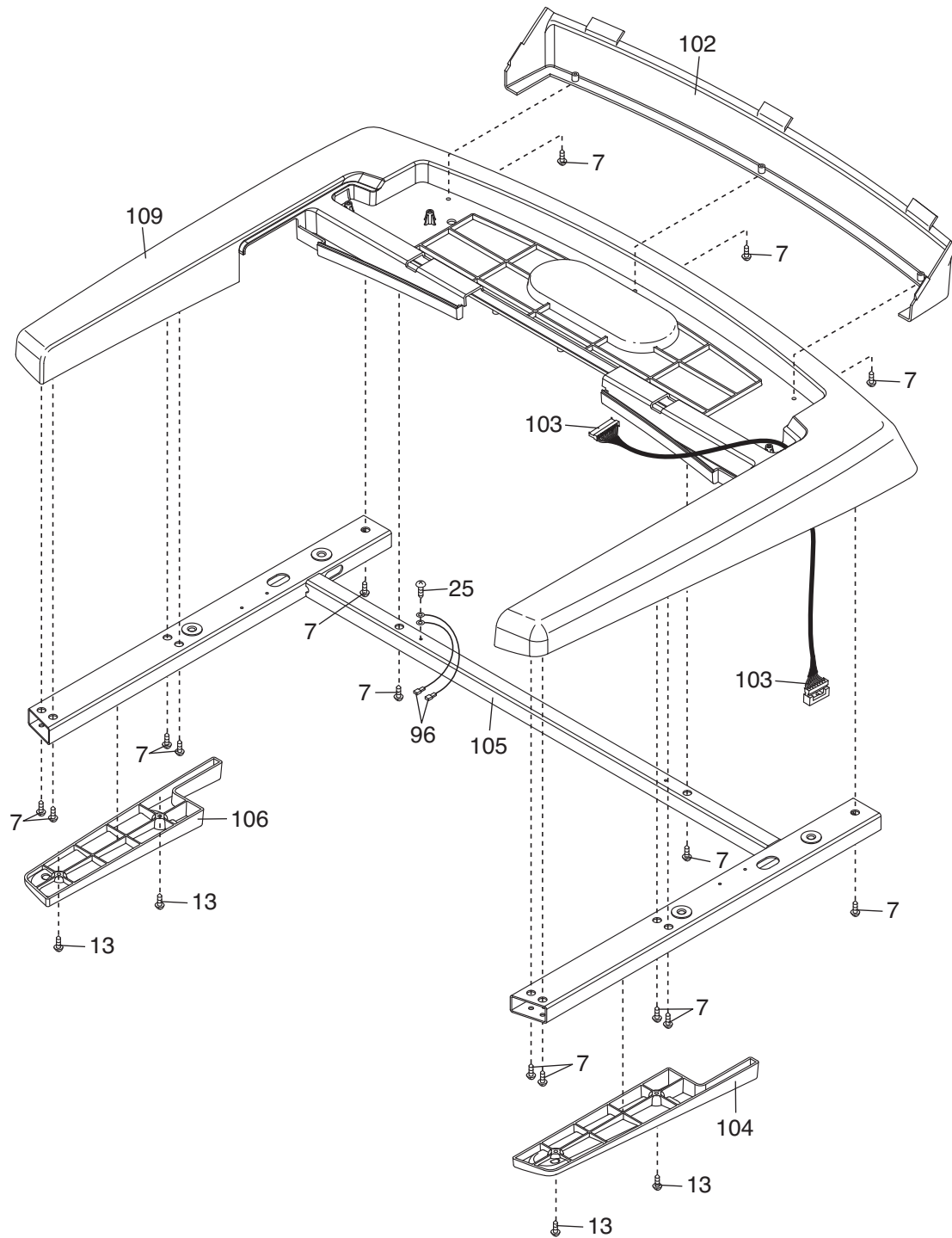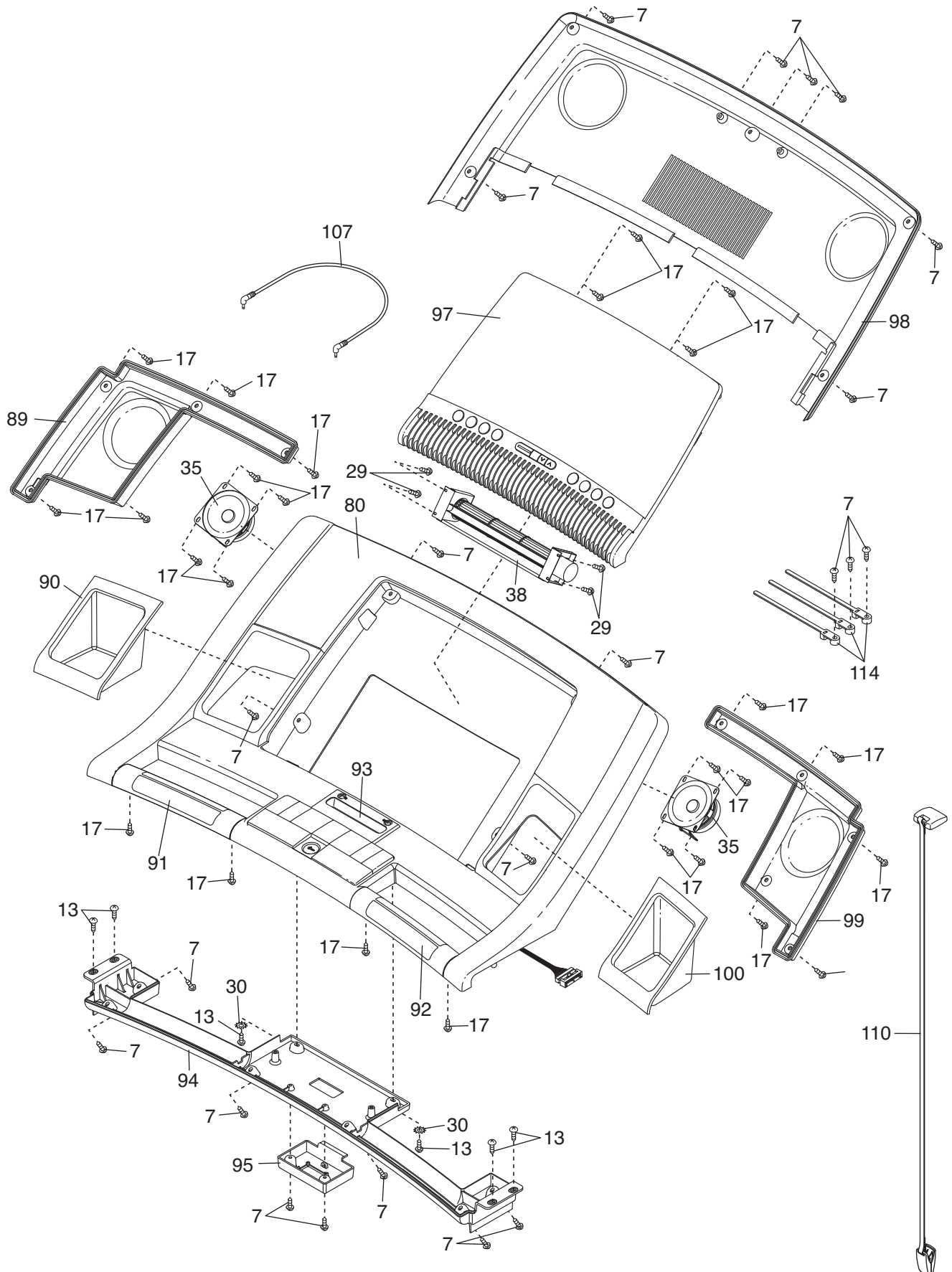
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

• the model number and serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.iconservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and drive motor are warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

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